

**Full Report (All Nutrients) 11370, Potatoes, hash brown, home-prepared**

Report Date: September 12, 2015 05:18 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Common Name: Potatoes, hashed brown

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 156g
<b>Proximates</b>					
Water	g	47.25	--	--	73.71
Energy	kcal	265	--	--	413
Energy	kJ	1109	--	--	1730
Protein	g	3.00	--	--	4.68
Total lipid (fat)	g	12.52	--	--	19.53
Ash	g	2.12	--	--	3.31
Carbohydrate, by difference	g	35.11	--	--	54.77
Fiber, total dietary	g	3.2	--	--	5.0
Sugars, total	g	1.49	--	--	2.32
Sucrose	g	0.33	--	--	0.51
Glucose (dextrose)	g	0.64	--	--	1.00
Fructose	g	0.52	--	--	0.81
Lactose	g	0.00	--	--	0.00
Maltose	g	0.00	--	--	0.00
Galactose	g	0.00	--	--	0.00
<b>Minerals</b>					
Calcium, Ca	mg	14	--	--	22
Iron, Fe	mg	0.55	--	--	0.86
Magnesium, Mg	mg	35	--	--	55
Phosphorus, P	mg	70	--	--	109
Potassium, K	mg	576	--	--	899
Sodium, Na	mg	342	--	--	534
Zinc, Zn	mg	0.47	--	--	0.73

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 156g
Copper, Cu	mg	0.293	--	--	0.457
Manganese, Mn	mg	0.247	--	--	0.385
Selenium, Se	µg	0.5	--	--	0.8
Fluoride, F	µg	0.0	--	--	0.0
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	13.0	--	--	20.3
Thiamin	mg	0.172	--	--	0.268
Riboflavin	mg	0.033	--	--	0.051
Niacin	mg	2.302	--	--	3.591
Pantothenic acid	mg	0.893	--	--	1.393
Vitamin B-6	mg	0.472	--	--	0.736
Folate, total	µg	16	--	--	25
Folic acid	µg	0	--	--	0
Folate, food	µg	16	--	--	25
Folate, DFE	µg	16	--	--	25
Choline, total	mg	23.2	--	--	36.2
Betaine	mg	0.3	--	--	0.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	3	--	--	5
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	5	--	--	8
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	16	--	--	25
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.02
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.00	--	--	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00
Tocopherol, delta	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0

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Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	3.7	--	--	5.8
<b>Lipids</b>					
Fatty acids, total saturated	g	1.883	--	--	2.937
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.002	--	--	0.003
12:0	g	0.005	--	--	0.008
14:0	g	0.014	--	--	0.022
16:0	g	1.238	--	--	1.931
18:0	g	0.624	--	--	0.973
Fatty acids, total monounsaturated	g	5.299	--	--	8.266
16:1 undifferentiated	g	0.051	--	--	0.080
18:1 undifferentiated	g	5.248	--	--	8.187
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	4.703	--	--	7.337
18:2 undifferentiated	g	4.364	--	--	6.808
18:3 undifferentiated	g	0.338	--	--	0.527
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Phytosterols	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.047	--	--	0.073
Threonine	g	0.109	--	--	0.170
Isoleucine	g	0.123	--	--	0.192
Leucine	g	0.181	--	--	0.282
Lysine	g	0.182	--	--	0.284

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Methionine	g	0.047	--	--	0.073
Cystine	g	0.039	--	--	0.061
Phenylalanine	g	0.133	--	--	0.207
Tyrosine	g	0.112	--	--	0.175
Valine	g	0.168	--	--	0.262
Arginine	g	0.139	--	--	0.217
Histidine	g	0.067	--	--	0.105
Alanine	g	0.093	--	--	0.145
Aspartic acid	g	0.735	--	--	1.147
Glutamic acid	g	0.504	--	--	0.786
Glycine	g	0.089	--	--	0.139
Proline	g	0.109	--	--	0.170
Serine	g	0.132	--	--	0.206
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Languag Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1218 POTATO
- C0240 ROOT, TUBER OR BULB, WITHOUT PEEL
- E0100 DIVIDED INTO PIECES, THICKNESS <math>\leq 0.3</math> CM.
- F0014 FULLY HEAT-TREATED
- G0001 COOKING METHOD NOT KNOWN
- H0334 VEGETABLE FAT OR OIL COATED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0109 HOME PREPARED